7: Joest--60 [6] E-5 (no date) 1882 Formosan Aborigines
116, 252, 323, 354 Chin-hoan

They keep a fire burning in the center of the hut day and night. Here they cook their food in clay pots which they themselves have made.

10: Schumacher--225 [6] T-1 (ca. 1896) 1898 Formosan Aborigines
116, 342, 252, 354, 251 Chin-hoan

The third room [MC: of the Tschin-Huan dwelling] is almost completely dark and is used for the storage of products of the fields and the entrance section is used as a fireplace. Otherwise it is likely that meals were prepared over open fires, in earthenware pans made by the inhabitants, or iron pots that must have been introduced from the outside.

16: Müller--233 [3] U-3 (no date) 1910 Formosan Aborigines
116, 252

They cook all their food except fruits.

22: Wiedfeldt--9 F-5 (1913) 1914 Formosan Aborigines
116, 262, 241, 252, 527 Atayal

The main article of food of the Atayal is millet. They celebrate tribal and clan festivals in connection with the planting and the harvesting of this crop. It is ground by the women in a stump of wood in which a hole has been burned out, or on a stone, by means of a solid round piece of wood. They also eat yams and wild bananas, and more recently they have learned from the Chinese to eat rice and beans, and from the Japanese, sweet potatoes. With this vegetable diet they seldom eat meat, but occasionally they eat large quantities of it; for example, they eat antelope after a successful hunt, or at a wedding feast, and when they eat up the sacrifices. Recently they have begun to eat chickens and pigs, which they have obtained from the Chinese. Fish is eaten in large quantities once a year at the tribal feast.

22: Wiedfeldt--9 [3] F-5 (1913) 1914 Formosan Aborigines
116, 252 Atayal

Baking and broiling are processes which are unknown to the Atayals. Meat is half roasted and half burned over a fire. Mountain potatoes are roasted in the ashes. Millet is either wrapped in large firm leaves, put into a hole in the ground, and heated by means of hot stones placed around it and on top of it, or it is put into a bamboo stick which is permitted to burn slowly, whereby the millet is cooked to suit the taste of the Atayals.

50: Ruey E-5 (1955) 1955 AD1 Formosa
Formosan Aborigines AD4
Atayal

Vegetables—eggplant, cabbage, onion, garlic, wild tomato, pumpkins, gourd, beans (Pisum sativum, L.), etc.

Fruits—peach, pear, orange, persimmon, longan fruit, banana, (sugar cane), etc.

Eggs, meats, and fish—hen-eggs, duck-eggs, pork, beef, chicken, duck, turkey, meat of wild boar, monkey, and fox, and many kinds of birds and fishes.

Others—mushrooms, and other kinds of edible fungus.

Among the above list, rice, millet, sweet potato, and taro are staples; and the others are subsidiary articles to diet. They are generally prohibited from eating snakes, cats, dogs, rats, and frogs.

2. Preservation and storage of food

Methods of preserving food are (1) salting [*sintemoay*]; (2) drying [*mapoi*]; and (3) baking [*aqaqaff*]. Cabbage and radishes may be dried first and then salted, or may be salted first and then dried; they are stored in wooden baskets or pots. The salting method of monkey's meat is as follows: The monkey is killed by a wooden club, and then roasted at a fire to burn off the hair. After the hair has been burned off, the entrails will be viscerated and the whole monkey will be cut into small pieces. Then they will be stored with rice and salt in a pot. Pork is always roasted. Sometimes they roast or salt the meat while they are still on the expedition when game is plenty.

Cereals are stored in the grain-storage house. The grain storage house is a kind of pile-building constructed of bamboo (see IV House). Rhizomes are stored in their kitchens.

3. Preparation of food

Their methods of preparing food are mostly very simple. Every morning they pound the amount of rice they need for the day. Rice is pounded in the wooden mortar with a wooden pestle. Winnows are used to hold grains which overflow from the mortar and to winnow away the husks.

Their oven is constructed by sticking three knives or laying three pieces of stone on the earth like a tripod. In the former days, fire was made by drilling a piece of wood on another piece of wood. The strike-a-light method of making fire was introduced into the Atayal more lately, and today most of them use matches.

Meat is mostly boiled with water. Fish and small animals may be roasted.

Rice-cake and millet-cake are made by the same processes. Glutinous rice [*naisaini*] or glutinous millet [*tulaqis*] is used. It is washed, steamed, and then pounded.

Bananas are smoked on the fire or stored in a pit, which is covered by tree leaves and clay, to become ripe. To take away the acrid taste of the persimmons, they are stored inside a pot with water which has been boiled with longan leaves and unripe persimmons.

4. Condiments

Salty (of salt), pungent or hot (of ginger or cayenne pepper) is called *qomtox*. Sweet (of sugar), is called *sisiβin*. Acrid (of a unripe persimmon) is called *mapayu*.

They use only a few kinds of seasoning: salt, ginger, and oil. Salt is gotten by